

TOOLKIT:

YOUTH GUIDE TO END ONLINE GENDER-BASED VIOLENCE



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ABOUT

The Youth Guide To End Online Gender-Based Violence

toolkit aims to be an actionable learning and knowledge product developed by the 30 for 2030 Network, a youth cohort in the Asia-Pacific region. The toolkit has been created for

- youth,
- survivors of Online Gender-Based Violence (OGBV)
- anyone interested in learning and taking action against OGBV
- individuals or organisations interested in inclusive and gender-transformative digital spaces and technologies.

The toolkit is designed to be a downloadable PDF, easily accessible for anyone to read and understand, to raise awareness and empower all.

30 FOR 2030

30 for 2030 Network

UN Women Regional Office for Asia and the Pacific (ROAP) launched the 30 for 2030 Network as a youth leadership network that brings together young decision-makers, eminent civic and business innovators, feminists, entrepreneurs, technology pioneers, educators, activists, artists, journalists, and more. The 30 for 2030 thought leaders and experts are determined change makers to accelerate progress toward the 2030 Agenda from a feminist perspective, break down gender barriers and make gender equality a working reality in their spheres of influence. The network acts as an advisory community and an accelerator of exceptional people with the vision, courage, and influence to drive positive change for a gender equal world. The network has developed this toolkit with the support of UN Women ROAP. More information about the network can be found [here](#).

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ABBREVIATIONS & ACRONYMS

CSO	- Civil Society Organisation
GBV	- Gender-Based Violence
ICT	- Information and Communication Technology
Online GBV	- Online Gender-Based Violence
OGBV	- Online Gender-Based Violence
TFGBV	- Technology-Facilitated Gender-Based Violence
UN Women	- United Nations Entity for Gender Equality and the Empowerment of Women
VAWG	- Violence against Women and Girls



KEY TERMS & CONCEPTS

Femicide

or the gender-related killing of women, is the killing of women because of their sex and/or gender.¹

Gender

refers to socially constructed roles, behaviours, expressions, characteristics, and identities of individuals. It is self-determined and may or may not align with the sex assigned at birth, primary and secondary sex characteristics. Gender is non-binary, and exists across a spectrum.

Gender-based violence

refers to harmful acts directed at an individual based on their gender. It is rooted in gender inequality, the abuse of power and harmful norms.²

Gender blind

is a term used to describe any intervention that ignores and fails to respond to the different roles, responsibilities, capabilities, needs and priorities of women and men.³

Gender digital gap

is the difference between women and men in terms of accessing, using, and controlling technology and the internet.⁴

¹ UN General Assembly, Violence against women, its causes and consequences, A/71/398, p. 9.

² <https://www.unhcr.org/uk/gender-based-violence.html>

³ <https://archive.unescwa.org/gender-blindness#:~:text=Title%20English%3A-,gender%2Dbblindness,and%20political%20contexts%20and%20backgrounds>

⁴ <https://www.gsma.com/mobilefordevelopment/wp-content/uploads/2019/02/Digital-Equity-Policy-Brief-W20-Japan.pdf>

Gender transformative

is a term used to describe any intervention that actively challenges and deconstructs harmful gender stereotypes and norms, and also actively promotes gender equality, and the empowerment of women and girls.

Online violence

commonly referred to as cyber violence or technology-facilitated violence is the use of computer systems to cause, facilitate, or threaten violence against individuals, that results in (or is likely to result in) physical, sexual, psychological or economic harm or suffering and may include the exploitation of the individual's circumstance, characteristics or vulnerabilities.⁵

Online gender-based violence

also referred to as technology-facilitated gender-based violence (TFGBV),⁶ is any form of violence that is enabled by or perpetrated by using technology or a digital interface - specifically the internet or smart devices. It can target one's gender, sex, or sexual orientation.

Patriarchy

refers to the social system in which men hold the greatest power, have privilege and control over resources and land.⁷

Sexual violence

is any sexual act committed against the will of another person, either when this person does not give consent or when consent cannot be given.⁸ Sexual violence is not confined to any particular assigned sex or gender identity, or sexual orientation.

⁵ <https://www.coe.int/en/web/cyberviolence>

⁶ https://www.svri.org/sites/default/files/attachments/2018-07-24/ICRW_TFGBVMarketing_Brief_v8-Web.pdf

⁷ <https://www.unicef.org/rosa/media/1761/file/Gender>

⁸ <https://www.unwomen.org/en/what-we-do/ending-violence-against-women/faqs/types-of-violence>

BACKGROUND



Online violence affects millions of people worldwide.

Girls, women, and gender-diverse people are more likely to be survivors of online violence.

Did you know? In 2021, up to 88% of women in Asia and the Pacific experienced online violence,⁹ with adolescent girls, and those from vulnerable backgrounds being affected disproportionately.¹⁰

Compared to men, women and girls experience online violence in a highly gendered way. For women, girls and gender-diverse people, sexualised hate and threats are common. Perpetrators aim to assert power and control, threaten, shame, and silence them

through using various forms of online violence.¹¹

Online gender-based violence (OGBV) can occur in intimate or non-intimate relationships. Perpetrators may be current or former partners, family members, colleagues, friends, state representatives, or people unknown to survivors.¹² Unlike 'offline' forms of gender-based violence (GBV), in OGBV perpetrators may amass in the thousands or millions and can harm someone with just one click.

COVID-19 has exacerbated OGBV. During lockdown, there was a 50-70 per cent increase of internet usage globally, and as a consequence OGBV increased as well.¹³ Misogynistic Facebook posts and tweets increased by 168 per cent in India, Malaysia, and Sri Lanka compared to the same period in 2019.¹⁴

⁹ <https://onlineviolencewomen.eiu.com/>

¹⁰ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEA/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

¹¹ <https://www.unwomen.org/en/news/stories/2020/7/take-five-cecilia-mwende-maundu-online-violence>

¹² Alison J. Marganski and Lisa A. Melander (2021) "Technology-Facilitated Violence Against Women and Girls in Public and Private Spheres: Moving from Enemy to Ally", Chapter 37 in The Emerald International Handbook of Technology-Facilitated Violence and Abuse, p.626

¹³ <https://www.unwomen.org/sites/default/files/Headquarters/Attachments/Sections/Library/Publications/2020/Brief-Online-and-ICT-facilitated-violence-against-women-and-girls-during-COVID-19-en.pdf>

¹⁴ https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEA/Docs/Publications/2020/10/ap-wps-BRIEF-COVID-19-AND-ONLINE-MISOGYNY-HATE-SPEECH_FINAL.pdf

In Pakistan, a helpline supporting survivors experiencing OGBV, reported 136 cases in March and April 2020. This was nearly three times the number of cases reported in January and February of the same year.¹⁵



OGBV causes real harm!

OGBV has grave consequences, not only for women and girls, but it affects society as a whole. An analysis of documented cases in the Philippines showed that survivors of OGBV experienced emotional harm (83 per cent), sexual assault (63 per cent) and physical harm (45 per cent). In Pakistan, online harassment has resulted in femicide, suicide, physical violence, emotional distress, women losing their jobs and silencing themselves in online spaces.¹⁶

OGBV is deeply rooted in discriminatory social norms, gender inequality and often connected to offline violence. It is actively a barrier against women's and girls' freedom of speech and their involvement in the public agenda.

OGBV undeniably widens the gender digital gap and ultimately is a threat against peaceful, sustainable and gender equal societies.

Online Safety is not a dream!

OGBV is as preventable as any other form of GBV. Research shows that tailored prevention efforts aimed at all levels, including governments, private sector, tech companies, communities and individuals; along with adequate response services to survivors can lead the way to ending OGBV. Involving more girls and women in STEM (Science, Technology, Mathematics, Engineering) fields; supporting women-led tech companies, mainstreaming gender in our current tech ecosystem including AI (Artificial Intelligence), would further help to deconstruct gender-blind and gender-biased tech ecosystems, and ultimately help to build a gender-transformative ecosystem.

As young people, we strongly believe that a world without OGBV and having a gender-transformative tech ecosystem is possible. The only thing we need is the will and courage to start the change, the rest will follow. *“Alone we can do so little; together we can do so much!”*¹⁷

¹⁵ <https://digitalrightsfoundation.pk/wp-content/uploads/2020/06/Covid-19.pdf>

¹⁶ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEA/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

¹⁷ Helen Adams Keller (June 27, 1880 – June 1, 1968), American author, disability rights advocate, political activist and lecturer.



ONLINE OPPOSITION

TO GENDER EQUALITY

ONLINE OPPOSITION

TO GENDER EQUALITY

As gender equality advances, so has the uprising of the men's rights movement (MRM). Men's rights activists (MRAs) gradually began to embrace an anti-feminist rhetoric over time. These movements advocated that men are victims of oppressive feminism, an ideology which MRAs believe should be eliminated.¹⁸ The internet has helped the MRM by being a reliable platform to spread misogynistic propaganda on a huge scale, assembling people online and offline.¹⁹

Quilt.AI in partnership with UN Women conducted research revealing the mass amounts of online opposition there is to gender equality. In India, MRAs were seen to leverage platforms to promote the anti-feminist rhetoric; opposing feminist campaigns were found with hashtags #fakefeminism and #MensLivesMatter on social media. Outcomes of the research also observed an increase in searches related to opposition narratives, for example, the frequency of the search keyword 'why are men better than women' increased by 81 per cent from 2020 to 2021. Online platforms have made it easier for people to unite and stage an organised opposition, which may in turn lead to offline consequences such as stalking.

In the Philippines, it was found that perpetrators of online violence used social media safety settings (e.g. anonymity) to their advantage, making them untraceable. Research from 2020 to 2021 comparisons illustrated an increase



in search keywords such as 'women belong in the kitchen' rose by 375 per cent. In Bangladesh, research showed that MRAs strategically utilised social media platforms to mobilise on-ground protests. The internet allowed their outreach to scale up and demand justice for the MRM. Groups such as these add to the MRM against gender equality and only exacerbate OGBV, giving strength and opportunities to commit in-person violence against girls and women.

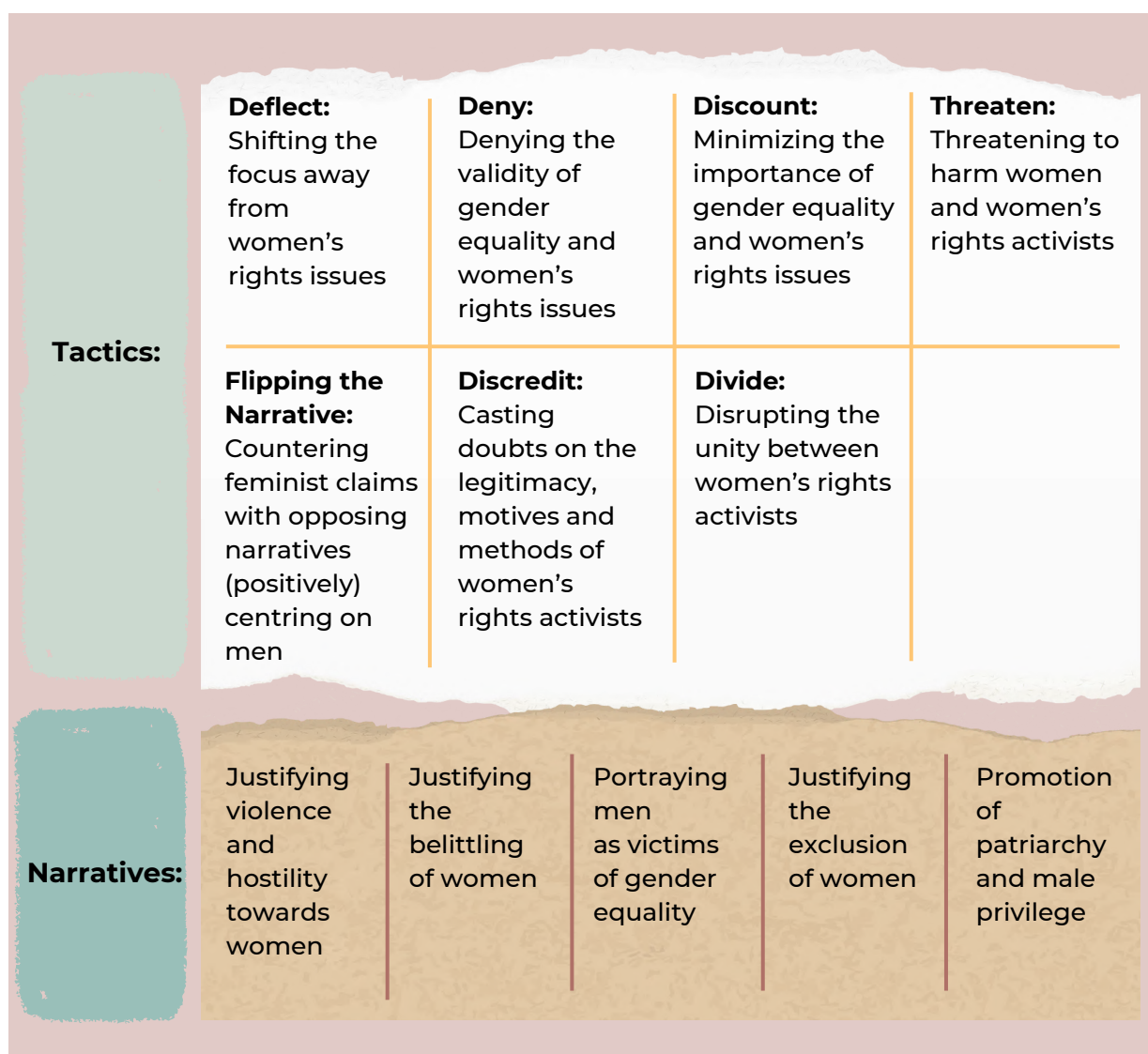
¹⁸ <https://www.wiisglobal.org/wp-content/uploads/2018/09/Policybrief-Violent-Extremists-Incels.pdf>

¹⁹ <https://www.thecut.com/2016/12/mens-rights-activists-are-flocking-to-the-alt-right.html>

Anti-feminist Tactics and Narratives Online

Tactics are the different methods of attack used by men’s groups to oppose gender equality. Narratives are the discourses they create and spread to discredit feminists and promote a patriarchal agenda. The figure below shows the most prominent narratives and tactics used in the manosphere globally. The research mentioned above found that online tactics are consistent with the tactics outlined in the sources below.

Anti-feminist Tactics and Narratives²⁰



²⁰ Sources: Staples, L. (2004). *Roots to Power: A Manual for Grassroots Organising*. Praeger Publishers; Code, L. (2005). *Encyclopedia of Feminist Theories*. London: Routledge; Marwick, A. E., & Caplan, R. (2018). *Drinking Male Tears: Language, the Manosphere, and Networked Harassment*. *Feminist Media Studies*, 18(4), 543–559; van Valkenburgh, S. P. (2018). *Digesting the Red Pill: Masculinity and Neoliberalism in the Manosphere*. *Men and Masculinities*, 24(1), 84–103.



ONLINE

**GENDER-BASED
VIOLENCE**

FORMS

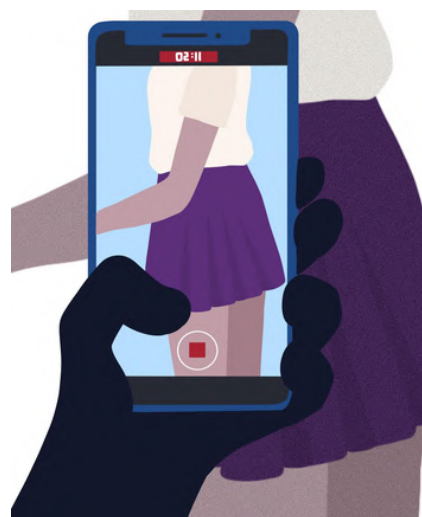
**OF ONLINE
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FORMS OF ONLINE GENDER-BASED VIOLENCE

There are multiple forms of OGBV. All of them result in harmful consequences. OGBV, in all forms, intersect with racism, homophobia, transphobia, ableism and other discriminatory systems in many of its manifestations.²¹

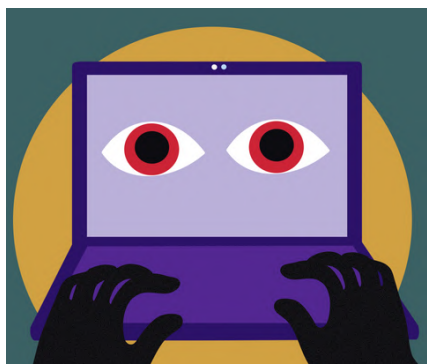
Cyberflashing

Cyberflashing refers to the act of sending unsolicited photographs of genitalia or sexual acts with the intent of silencing a person. Individuals are typically targeted for their sex, gender, or sexual orientation.²²



Cyberstalking

Cyberstalking refers to the surveillance or monitoring of a person through digital technology. It may especially be used to prevent victims from escaping an abusive situation, such as domestic and intimate-partner violence.²³



Digital voyeurism

Digital voyeurism refers to filming, watching, and sharing online films or videos of people's bodies through live or pre-recorded videos.²⁴ It may occur through the deployment of hidden cameras in innocuous objects or through photographs stolen from the person and disseminated without their consent. Sometimes, individuals can be deepfaked or superimposed onto online images. The images produced from such acts are known as *creepshots*.²⁵

²¹ https://www.cigionline.org/static/documents/documents/SaferInternet_Paper%20no%201_0.pdf

²² <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEA/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

²³ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEA/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

²⁴ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEA/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

²⁵ <https://www.cigionline.org/publications/technology-facilitated-gender-based-violence-overview/>

Doxing

Doxing refers to the disclosure of personal data online along with malicious suggestions for others to contact the person targeted to cause more harm or with indecent intent.²⁶



Gender-based hate speech

Gender-based hate speech includes hurtful, harmful, hateful, insulting, demeaning, shaming, and vitriolic statements, comments, or other forms of expression that target a person for their sex, gender, or sexual orientation; and includes comments suggesting that the person targeted deserves to face harm or should harm themselves.²⁷

Identity theft, impersonation, and the creation of fake profiles

Identity theft, impersonation, and the creation of fake profiles can include posing as a person to others, either acting in a humiliating or harmful manner or extorting money from those the target knows. For example, perpetrators may pretend to be their female target, advertise sexual services online, and provide an address and other contact information.²⁸



²⁶ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

²⁷ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

²⁸ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

Morphing or transmogrification

Morphing or transmogrification refers to morphing, superimposing, and splicing photographs or videos to create “deep fakes” and uploading them onto pornographic platforms, with the intention of sexualising and demeaning the individual targeted.²⁹



Non-consensual dissemination of intimate photos and videos

Non-consensual dissemination of intimate photos and videos involves the dissemination of intimate photographs, videos, and audios of an individual without their consent. It also involves threatening to release or circulate these images and blackmailing the victim to achieve a particular end.³⁰

Online grooming

Online grooming refers to the process of establishing or building a relationship with a victim through the use of the internet or other digital technologies to facilitate either online or offline sexual contact with that person.³¹

Online sexual harassment and bullying

Online sexual harassment and bullying refers to sexual harassment that takes place through the Internet - in the form of messaging, emailing, calls, and direct-messaging through a variety of platforms.³² This may be carried out by a single individual or a group of individuals, in which case it is called *networked harassment*.³³



²⁹ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

³⁰ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

³¹ <https://www.unicef.org/eap/media/4706/file>

³² <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

³³ <https://www.cigionline.org/publications/technology-facilitated-gender-based-violence-overview/>



Online threats and blackmail

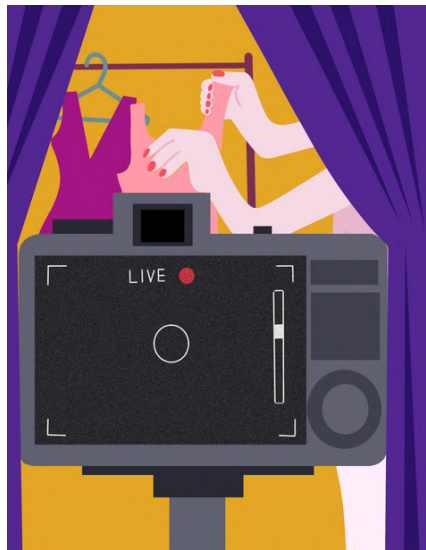
Online threats and blackmail refers to the act of threatening to share information about an individual (including images or videos) to the public, their friends or family online, unless a demand is met.³⁴ It is very common and deters women from coming forward. Women who have pursued cases against these practices have been intimidated and forced to recant through further blackmail, such as threats to release material or compromising images (whether genuine or fake) online.³⁵

Sextortion

Sextortion refers to extorting sex or sexual favours by threatening to disseminate a person's intimate images and footage of rape.³⁶

Sexploitation

Sexploitation refers to the commercial exploitation of sexual material or sex via digital media. This includes the sale or dissemination of intimate information non-consensually to pornographic sites, installing live-streaming feed unbeknownst to a person being targeted and selling / renting the stream on a pornographic site, and selling deep fakes.³⁷



Zoom bombing

Zoom bombing occurs when people join online gatherings in order to post racist, sexist, pornographic or anti-Semitic content to shock and disturb viewers.³⁸

³⁴ <https://www.thinkuknow.co.uk/parents/articles/online-blackmail/>

³⁵ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

³⁶ <https://asiapacific.unwomen.org/sites/default/files/Field%20Office%20ESEAAsia/Docs/Publications/2020/12/ap-ICT-VAWG-report-7Dec20.pdf>

³⁷ <https://www.cigionline.org/publications/technology-facilitated-gender-based-violence-overview/>

³⁸ https://www.cigionline.org/static/documents/documents/SaferInternet_Paper%20no%201_0.pdf

CONSEQUENCES

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CONSEQUENCES OF ONLINE GENDER-BASED VIOLENCE

Like most forms of GBV, online violence also has significant ripple effects that translate beyond the survivor. While the immediate and full impact is felt by the survivor, the ripple effects include self-censorship, disengagement with the online space, emotional, physical and psychological harm, and economic damage. Survivors' families and friends may face repercussions and can also withdraw from online engagement in certain situations.

According to a recent study, 92 per cent of women shared that OGBV harms their sense of wellbeing.³⁹

OGBV has many consequences that are long-term; most of the time, OGBV is a continuum of offline GBV.⁴⁰ Some of these consequences are listed out as follows:



Social isolation:

OGBV may result in the survivor's withdrawal from public life, including their family and friends, especially in the case of non-consensual dissemination of intimate photos and videos.⁴¹

Psychological and emotional consequences:

OGBV can be as harmful as physical violence if not more. It can culminate in stress, trauma, anxiety, sleep disorders, depression, eating disorders, even physical pain.⁴² It can create a sense of fear and anxiety around one's safety, and lead to isolation. Very severe forms of OGBV can also cause death by suicide.⁴³

³⁹ <https://onlineviolencewomen.eiu.com/>

⁴⁰ https://www.ohchr.org/sites/default/files/Online_VAW_Statement.pdf

⁴¹ https://www.apc.org/sites/default/files/APCSubmission_UNSR_VAW_GBV_0_0.pdf

⁴² <https://www.undp.org/serbia/news/online-violence-has-real-life-consequences-itismybusiness#:~:text=This%20form%20of%20violence%20against,%2C%20depression%2C%20even%20physical%20pain>

⁴³ <https://www.amnesty.org/en/latest/news/2018/03/online-violence-against-women-chapter-6-6/>

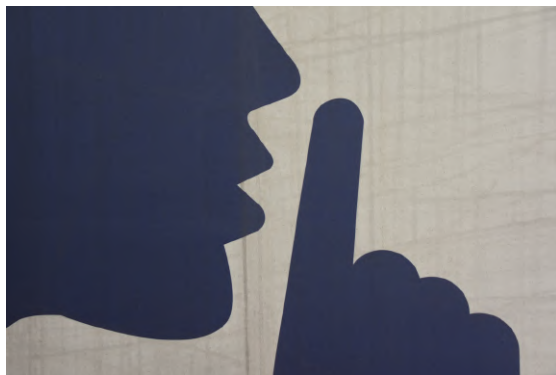
Economic consequences:

The effects of OGBV comes with an economic cost that involves the loss of jobs, earning capacity, social capital, and professional standing.⁴⁴ The survivor may also be subject to financial losses as a result of OGBV.

Femicide:

Femicide, or the gender-related killing of women, is the killing of women because of their sex and/or gender.⁴⁵ One form of femicide is namely 'honour'-based killing, which is the murder of women and girls by family members or partners. The family believe the victim has brought shame and dishonour. OGBV may trigger 'honour'-based killing, for example when intimate images of victim have been leaked to their communities.

Silencing, self-censorship, and societal consequences:



OGBV is very often used to silence people. Survivors tend to deactivate or delete accounts or quit platforms altogether, they may lose their social capital, professional standing, and their freedom of expression.⁴⁶

For example, research has shown the grave impact of OGBV on freedom of expression; more than 76 per cent of women experiencing abuse or harassment on social media shared that they think twice when they interact online, 32 per cent shared they stopped commenting on certain issues all together.⁴⁷

“The abuse definitely makes me pause before I weigh in on anything. It makes me fear for my family.”

*Pamela Merritt,
Blogger and Activist*⁴⁸

⁴⁴ <https://www.ndi.org/our-stories/impact-online-violence-against-women-2021-uganda-general-elections>

⁴⁵ UN General Assembly, Violence against women, its causes and consequences, A/71/398, p. 9.

⁴⁶ <https://www.ndi.org/our-stories/impact-online-violence-against-women-2021-uganda-general-elections>

⁴⁷ <https://www.amnesty.org/en/latest/press-release/2017/11/amnesty-reveals-alarming-impact-of-online-abuse-against-women/>

⁴⁸ <https://www.amnesty.org/en/latest/press-release/2017/11/amnesty-reveals-alarming-impact-of-online-abuse-against-women/>

In addition, OGBV has a negative impact on girls' and women's involvement in public and political agenda. 61 per cent of women in government believe that the main drive behind the harassment they face is to deter women from engaging and involving in political leadership positions.⁴⁹

The impact is also seen with a withdrawal in education and the labour force. Girls may skip or drop out of school to avoid bullying that is connected to OGBV. Women have quit their jobs or leave employment altogether as a result of OGBV or threats of OGBV. Research has illustrated that women's involvement in the workforce equates to economic growth; and increasing educational access for women's and girls' has a positive impact on a more inclusive economic growth.⁵⁰

OGBV is a barrier against girls' and women's freedom of expression and their involvement in education, the labour force and political and public discussion. It undeniably widens existing gender inequalities that work against peaceful, prosperous and sustainable societies.

⁴⁹ <https://www.ipu.org/resources/publications/issue-briefs/2016-10/sexism-harassment-and-violence-against-women-parliamentarians>
⁵⁰ <https://www.unwomen.org/en/what-we-do/economic-empowerment/facts-and-figures>

REPORTING

**ONLINE
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REPORTING

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Experiencing OGBV can be stressful. Seeking help and support can also be difficult depending on your situation; i.e. considering the legal context of the country you are in, or if any support mechanisms are in place. Support services for OGBV may also not be available or be inefficient in helping you.

Some options to report OGBV are listed, however, it is **your choice** which option you would like to take, or if any of these options are relevant to the situation you are in.

Option 1: Reporting on the platform



While the process of reporting may vary on different channels, most platforms allow the person reporting to retain their privacy. This means no information of theirs is shared when a report is made. Links to how you can report abuse or harassment across a few commonly used online platforms can be found below:

	Facebook:	<u>Take me to How To Report On Facebook</u>
	Instagram:	<u>Take me to How To Report On Instagram</u>
	LinkedIn:	<u>Take me to How To Report On LinkedIn</u>
	Snapchat	<u>Take me to How to Report on Snapchat</u>
	TikTok:	<u>Take me to How To Report On TikTok</u>
	Twitter:	<u>Take me to How To Report On Twitter</u>
	WhatsApp:	<u>Take me to How To Report On WhatsApp</u>
	YouTube:	<u>Take me to How to Report on YouTube</u>



Just a reminder! To respond to OGBV, online platforms should offer user-friendly and age appropriate reporting mechanisms that are available in local languages.

Option 2: Reporting to the Police



Laws around OGBV change from one country to another. Stronger legislation addressing OGBV, to better prevent and respond to it, is certainly needed across Asia and the Pacific.

Survivors may be hesitant in reporting to the police due to the lack of legislation, prosecution and response from the police to OGBV cases. Survivors also hesitate in contacting the authorities because they fear further escalation of violence.

It is always best to think through the 'pros and cons' when reporting OGBV and consider what option would offer the most protection for the survivor. If survivors decide to report OGBV to the police or take legal action, it is important to have accurate and thorough documentation, screenshots, messages or more about the event(s) of online violence and harassment.⁵¹

Support from an advocate, lawyer, or advocacy organization can be valuable in navigating this decision. Some countries in this region have organisations that specialize in supporting survivors of OGBV and making reports.



Just a reminder! Police and justice systems should have the capacity to respond to OGBV with a survivor-centred approach. Governments need to invest in gender-transformative capacity building of prosecution as well as targeting harmful gender norms present for all those involved.

⁵¹ <https://glitchcharity.co.uk/wp-content/uploads/2021/09/Fix-the-Glitch-A4-holding-x4-A6-cards-1.pdf>

Option 3: Reporting at your Workplace



COVID-19 and work from home measures have resulted in a rise in online sexual harassment in the workplace. Essentially, this means messages of a sexual nature sent via email, texts or social media and cyber harassment. One in three women shared that they experienced online abuse in their workplace according to the study of eSafety Commissioner of Australia.⁵²

When OGBV takes place at work, it is uncomfortable, affecting work performance and commitment to work. In some cases, it may result in women quitting or losing their jobs. Perpetrators may be colleagues or managers who hold more power and authority.

In many instances, women choose to ignore harassment at work or remain quiet due to the fear of negative consequences including loss of employment, stigmatisation and victim-blaming. A survey in Pakistan found that 54 per cent of women believe that women should quit their jobs if they face harassment, and 83 per cent admit that men get away with the harassment.⁵³

Companies or organisations should have clear policies on prevention and response to OGBV, however, in most cases, they do not have any policies in place or either, do not efficiently implement relevant policies.

If you wish to report an incident of OGBV, you can report it to your line manager, human resources, or a trusted fellow colleague by following the internal policy of your organisation. If policies and practices are not in place, you can consult a union, a civil society organization (CSO) providing support on violence against women (VAW) at work or a legal professional in employment law.



Just a reminder! To respond to GBV at work including OGBV, the workplace should take concrete steps in changing toxic work cultures that reinforce harmful gender norms and have policies and practices in place for reporting violence and receiving support!

52

<https://www.esafety.gov.au/research/women-spotlight-how-online-abuse-impacts-women-their-working-lives/report>

53

<https://www.dawn.com/news/1395215>

Option 4: Reporting at your School



If you are bullied by a classmate or a group of classmates in your school, it may be difficult and uncomfortable to seek help. It may even feel impossible to go to school. Over 60 per cent of students shared that their ability to learn and feel safe at school were affected by the online violence they experienced. 10 per cent of students stated that they skipped school at least once due to online violence.⁵⁴

To survivors: never forget that the OGBV you are experiencing is not your fault. The perpetrators, who may or may not be your classmates, are violating your basic rights. Schools should be equipped with child protection and safeguarding principles and preferably offer counselling support for students going through GBV including OGBV.

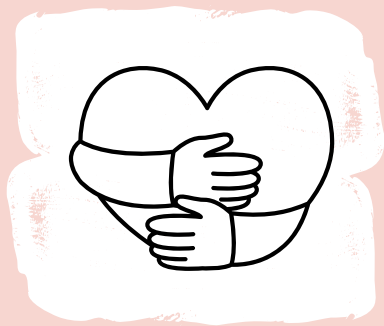
If your school has support mechanisms in place, you may want to seek help and get some support, or seek support from a **trusted** adult.



Just a reminder! To respond to GBV at schools including OGBV, schools should take necessary measures to establish safe and respectful learning experiences for all their students and have clear guidelines on Child Protection and Safeguarding as well as support mechanisms in place.

⁵⁴ <https://cyberbullying.org/federal-commission-on-school-safety>

Option 5: Getting support from CSOs or hotlines working in prevention and response to OGBV



When OGBV takes place, we may feel that we are all alone and this has only happened to us. But it is important to always remember that OGBV is a prevalent problem affecting millions of girls and women globally.

You are not alone and there are help and support mechanisms in place even if you do not want to report it and take legal action. You can remain anonymous.

Across Asia and the Pacific, there are hotlines and helplines, chatbots, youth-led and women-led CSOs that provide information and support including general awareness-raising information, from legal advice, to counselling for survivors of OGBV.

Some of these hotlines are confidential so you do not have to share your personal details. You can solely access information and support. Listed below are a few of chatbots, helplines, and CSOs:



Digital Rights Foundation

A CSO based in Pakistan that focuses on Information and Communication Technology (ICT) to advance human rights. They also operate a toll-free and confidential “Cyber Harassment Helpline” for survivors of OGBV. The Helpline provides legal advice, information on digital safety, counselling and a referral system.



Access Now Digital Security Helpline

A helpline offering 24/7 support services for individuals, journalists, activists experiencing OGBV. The helpline offers support in nine languages including English, Spanish, French, German, Portuguese, Russian, Tagalog, Arabic, and Italian.

**Heartmob**

A community helping those experiencing online harassment with resources and tools to respond to OGBV.

**PEN Online Harassment Field Manual**

Specifically tailored for the journalists experiencing OGBV, the website provides practical information for survivors as well as bystanders and employers.

**SnehAI**

An Artificial Intelligence (AI) powered chatbot, housed on Facebook Messenger. The chatbot provides a secure, personalised and non-judgemental space for young people to share concerns and learn about issues related to sexual and reproductive health as well as digital safety. SnehAI, built-in Hinglish (a mix of Hindi and English), uses storytelling, games and videos to engage users in conversations on a range of topics including safe online behaviour.

**Maru**

This chatbot is designed by Plan International and the Feminist Internet to support girls and women who are experiencing, witnessing or tackling online harassment by providing real advice and resources from experts and activists.

**Korea Cyber Sexual Violence Response Centre**

A CSO supporting the survivors of OGBV by providing counselling, legal support. They also do advocacy and awareness raising.

**PAPS (Organization for pornography and sexual exploitation survivors) / Digital Sexual Violence Victim Support Center**

A Japan-based CSO offering consultation and assistance to people facing digital sexual violence.

**Rainlily**

A CSO from Hong Kong, working on women's rights, gender equality and are particularly concerned about women's threats of sexual violence including Online Violence against Women and Girls. On their website, they have information on OVAWG. They also offer a 24/7 helpline.



Child Helplines

Here you can see the [Child Helplines operating across Asia and the Pacific region](#). Child helplines are usually free, safe and confidential supporting children and young people on the issues affecting them the most.



There may be a national hotline for reporting child sexual abuse material, but you can report to the [Internet Watch Foundation](#) and [NCMEC's CyberTipline](#) regardless of where you locate.



If you experience OGBV you can consider consulting a trusted adult, guardian, teacher, counselor, parent or person in your life, or contacting a child helpline.

USEFUL TIPS

WHEN DEALING WITH ONLINE GENDER-BASED VIOLENCE

USEFUL TIPS

WHEN DEALING WITH ONLINE GENDER-BASED VIOLENCE

OGBV occurs because perpetrators commit offences, and systems consistently fail to prevent it from happening. However, preventing OGBV can happen if we all work together to establish safe, inclusive online spaces for **everyone**.

While it is not the survivor's responsibility to prevent OGBV, when systems fail to protect them, they are left with no other option but to defend themselves.

Although we believe that none of these recommendations may make you free from the risk of OGBV, here are some simple steps that may make you feel a bit safer when interacting online:

Steps to take to minimise the risk of OGBV

- ➔ Think thoroughly whether you want to keep your social media life public or private. If you choose the former, exercise caution at all times with respect to the amount of information you disclose on social media.
- ➔ In order to ensure that nobody gets access to your personal details make sure you are managing your passwords and privacy settings efficiently and updating them from time to time.
- ➔ Hacking webcams is also a very common phenomenon, so make sure you are always checking your hardware from time to time. As a precautionary measure, don't position your webcam or laptop/desktop camera in your personal space at home to ensure that nobody has undue access to record any information and use it against you.
- ➔ Do consider using security measures on all your digital devices such as anti-virus programmes and two-factor authentication to protect yourself.⁵⁵

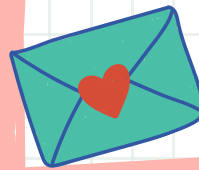
⁵⁵ <https://eca.unwomen.org/sites/default/files/2022-02/ONLINE%20cyberV%20women%20ENG.pdf>

Anyone can be a victim of OGBV. You can share this knowledge with anyone and everyone who is going through OGBV.

For survivors

- ➔ Do not retaliate in the moment. As a first step you can block the perpetrator, but remember to **keep all the evidence** as this will help you lodge a complaint in the future.
- ➔ Do not blame yourself for being in this situation. Reach out for help to a trusted friend/family/adult or to a relevant organisation involved in responses to OGBV.
- ➔ Leave no details out however small when you are reporting, you never know what would help support your case.
- ➔ Try to distance yourself from phones, laptops and technology in general during this time, spend time doing alternative activities with people you trust.⁵⁶

It is important to always remember that even if you follow the steps above, OGBV may still occur and **it is not your fault.**



**MESSAGE TO
ALL SURVIVORS!**

The fault lies with the perpetrator, they have made the decision to harm you and you hold no responsibility for their actions.

⁵⁶ <https://eca.unwomen.org/sites/default/files/2022-02/ONLINE%20cyberV%20women%20ENG.pdf>



HOW CAN WE PREVENT

**ONLINE
GENDER-BASED
VIOLENCE**

RECOMMENDATIONS FOR STAKEHOLDERS

TO END ONLINE GENDER-BASED VIOLENCE

HOW CAN WE PREVENT ONLINE GENDER-BASED VIOLENCE?

OGBV is increasing at an alarming rate, it impacts society as a whole. Despite its concerning effects, OGBV, just like other forms of Gender-Based Violence is certainly preventable.

To prevent and eliminate OGBV, work needs to be done at individual, societal and governmental levels. Here are some recommendations for Governments, CSOs, academics, social media networks, activists and other stakeholders to help end OGBV.

Recommendations for Stakeholders to End Online Gender-Based Violence



Government



- The creation and implementation of laws and policies is a solid start towards ending OGBV. Gender-transformative laws and legislation is required to prevent OGBV before it occurs and respond more effectively to the needs of the survivors.
- Offering accessible and safe mechanisms to report OGBV and obtain protection.
- Providing gender-transformative training for law enforcement officers for them to investigate OGBV cases and prosecute the perpetrators.⁵⁷
- Keeping disaggregated data on OGBV.
- Monitoring and promoting evidence-based interventions and best practices to prevent and respond to OGBV.

⁵⁷

<https://www.coe.int/en/web/cyberviolence/cyberviolence-against-women>

Private sector and tech companies



- Centering human rights and gender equality at the centre of work, not as an add-on.
- Providing safe, accessible, and transparent reporting and complaints procedures in local languages that are age and local context appropriate.⁵⁸
- Providing continuous gender-transformative training for staff at all levels in line with OGBV to ensure women and girls safety online.
- Integrating gender-transformative policies and practices at institutional levels, removing the barriers against women's leadership and decision-making roles.
- Investing in feminist technologies.⁵⁹
- Having clear policies and practices to prevent and respond to Violence against Women at Work including OGBV at work.

CSOs, women and youth-led organisations



- Monitoring initiatives and programmes that are working towards ending OGBV, and carrying forward best practices for future programmes.⁶⁰
- Having specialised support services and helplines for the survivors of OGBV including counselling.
- Advocating for data collection and also collecting disaggregated data on OGBV when running prevention and response programmes.⁶¹
- Advocating and mobilising for gender-transformative legislation and implementation on OGBV.

⁵⁸ Brief: Online and ICT-facilitated violence against women and girls during COVID-19 | Digital library: Publications

⁵⁹ Brief: Online and ICT-facilitated violence against women and girls during COVID-19 | Digital library: Publications

⁶⁰ Brief: Online and ICT-facilitated violence against women and girls during COVID-19 | Digital library: Publications Online and ICT-facilitated violence against women and girls during COVID-19

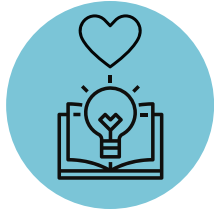
⁶¹ Brief: Online and ICT-facilitated violence against women and girls during COVID-19 | Digital library: Publications Online and ICT-facilitated violence against women and girls during COVID-19

Community-level intervention that can be done by the governments, private sector, and CSOs



- All those in the community should be mobilised to challenge harmful gender norms and to promote consent, respect, and gender equality.
- Running education campaigns and edutainment programmes to strengthen awareness, prevent OGBV, and promote safe online spaces.⁶²
- Raising awareness on how to identify what OGBV is, recognising when it occurs, and promoting active bystander approaches.⁶³

Schools/teachers⁶⁴



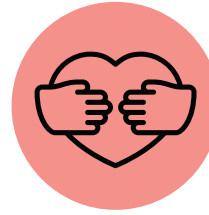
- Integrating subjects such as healthy relationships, consent, bullying, and online safety in schools' curriculum.
- Creating psychologically and physically safe environments.
- Modelling caring and respectful relationships, and enforcing positive ways of discipline and conflict resolution.
- Listening to and supporting the survivors of OGBV.
- Referring the survivor to the required services with clear referral pathways.
- Having policies and support systems in place also for school staff who experience OGBV.

⁶² Brief: Online and ICT-facilitated violence against women and girls during COVID-19 | Digital library: Publications Online and ICT-facilitated violence against women and girls during COVID-19

⁶³ *ibid.*

⁶⁴ <https://www.unesco.org/en/articles/qa-role-teachers-preventing-and-addressing-school-violence>

Parents ⁶⁵



- Teaching and modelling healthy relationships, respect, consent, and constructive communications.
- Openly speaking to children about online safety and agreeing on certain boundaries in terms of social media and tech usage.
- Knowing where and how to get help and assistance in case of OGBV.
- Being familiar with the platforms or digital tools that children use including their privacy and confidentiality settings.
- Supporting and standing with your child no matter what and listening to them without judgement.

Academia/universities



- Having and generating more research and disaggregated data to reveal the prevalence and effects of OGBV, specifically research on people from vulnerable and minority backgrounds and their experience with OGBV.
- Integrating gender-transformative tech designs and development within schools' curriculum.

⁶⁵ <https://www.unicef.org/eap/media/5141/file>

Last but not least, it is important to...



- have consistent collaboration between the governments, CSOs including women's rights and youth-led organisations, feminist tech companies, private sector, academia, universities, and ICT-intermediaries,
- invest in feminist technologies, involving more women and girls in design and development of digital solutions, and deconstructing current gender-blind tech ecosystem,
- close the gender digital gap and ensuring equitable and safe access to ICTs (information and communication technologies) for everyone,



*Hey you!
Yes, you
dear reader.*

It may seem obvious but please always maintain a respectful and safe online space for everyone. We cannot eliminate OGBV, unless each and every person stops violating other people's right to have safe online experiences!

Please avoid committing OGBV. Know what it is, and don't do it. Show respect, and avoid liking or sharing exploitative material. Challenge and question others who commit OGBV!

**WE NEED YOU
to end OGBV!**



BOYS AND MEN

**AS ALLIES IN
PREVENTING ONLINE
GENDER-BASED
VIOLENCE**

BOYS AND MEN

AS ALLIES IN PREVENTING ONLINE GENDER-BASED VIOLENCE

The road to gender equality is led by women, girls and gender-diverse people, but we can't achieve gender equality without the engagement of boys and men. Boys and men can use their privilege and power to help deconstruct harmful gender norms and challenge the patriarchal system, practices and structures put in place to dismantle equality.⁶⁶



Acknowledge your privilege and use your power to:

- Challenge harmful gender stereotypes and norms
- Establish healthy and safe relationships both offline and online
- Question and deconstruct your own gender-biased beliefs as well as others'
- Stand in solidarity with girls and women to end all forms of violence to achieve gender equality

Evidence also shows that it is important to engage boys and men in preventing GBV. Here are some global case studies that provide best practices involving boys and men as allies in gender equality and prevention of GBV. These case studies may provide a good foundation for anyone considering including boys and men in OGBV prevention work.

The China White Ribbon Volunteers Network's Hotline for Men, China:

Set up in 2010, the hotline is a part of community-level interventions with men on preventing GBV in more than 80 cities. The hotline's support has been life-altering for men and boys, even reaching a male caller who went from using violence to becoming an active volunteer.⁶⁷

⁶⁶ <https://www.unwomen.org/en/what-we-do/youth/engaging-boys-and-young-men-in-gender-equality#:~:text=By%20using%20and%20sharing%20their,inequality%20between%20men%20and%20women>

⁶⁷ <https://menengage.org/wp-content/uploads/2022/02/Gender-Based-Violence-GBV-MenEngage-Ubuntu-Symposium-Discussion-Paper-EN.pdf>

Anne Çocuk Eğitim Vakfı's (AÇEV) Father-Support Programme (FSP), Turkey:

The programme targets fathers in a country where, according to the ACEV's research, 91% of fathers consider mothers to be responsible for child care. The FSP aims to raise fathers' awareness on the kind of support they can provide for their children's healthy development and empower fathers with the knowledge of child development. The programme has reached more than 60,000 fathers in 21 years, and helped eliminate harmful and discriminatory gender norms that would usually lead to GBV.⁶⁸

Equimundo's The Living Peace Programme, Democratic Republic of the Congo:

Implemented the Living Peace pilot programme, working with male partners of women survivors of conflict-related rape and Intimate-Partner Violence (IPV). The intervention involved a combination of men-specific education sessions and individual therapy which led to reductions in IPV and improvements in men's mental health outcomes.⁶⁹

Unite for a Better Life, Ethiopia:

This gender-transformative programme is designed to reduce IPV and HIV in rural Ethiopia. The programme was influenced by a traditional community-based forum called a coffee ceremony, where group-based interventions would occur in rural Ethiopia. The programme with men was effective in reducing sexual violence in intimate relationships and increased awareness of combating HIV/AIDS.⁷⁰

The Rwanda Men's Resource Centre's Indashyikirwa Programme, Rwanda:

The programme aimed to reduce IPV through couples' training, community activism, building women's safe spaces, and engaging opinion leaders. Bandedereho, a fathers and couples programme to promote men's engagement in reproductive and maternal health, caregiving, and healthier relationships, found that two years after participating, men were nearly half as likely to use violence against their female partners and spent almost an hour more per day doing household chores.⁷¹

⁶⁸ <https://www.acev.org/eskisine/father-support-program/>

⁶⁹ <https://www.equimundo.org/resources/living-peace-democratic-republic-congo-impact-evaluation-intervention-male-partners-women-survivors-conflict-related-rape-intimate-partner-violence/>

⁷⁰ <https://prevention-collaborative.org/programme-examples/unite-for-a-better-life/#:~:text=Unite%20for%20a%20Better%20Life%20is%20a%20gender%2Dtransformative%20programme,displaced%20populations%20in%20other%20locations.>

⁷¹ <https://www.rwamrec.org/spip.php?article388>

FEMINIST

**AND GENDER-
TRANSFORMATIVE
TECHNOLOGIES**

FEMINIST

AND GENDER-TRANSFORMATIVE TECHNOLOGIES

Are you looking into creating an app that is inclusive for everyone to use?
Or maybe looking to improve the safety experience for your users?

All tech organisations have a responsibility to keep their users safe. The internet is a remarkable platform, but, it is also being used to negatively impact girls, women and marginalised communities. A “gender lens” must be factored in when planning, designing, developing and operating your tech. The current tech ecosystem is gender-blind, and unfortunately promotes inequalities; it is important to not add to these existing inequalities.

An example of our gender-blind tech ecosystem is cyber security receiving more attention than cyber safety. Cyber security focuses on protecting data, information, networks and systems, whereas cyber safety focuses on protecting people online.⁷² The latter requires further gender-transformative measures, as the flaws in cyber safety disproportionately affect girls, women, and gender-diverse people.

Did you know?



An estimated 1 in 5 people leave online platforms for good, due to online harassment and hate speech. This costs businesses; brand reputation may suffer and company moderation teams can end up receiving thousands of OGBV reports, ultimately, due to gender-blind design and development of online platforms.⁷³ Gender-transformative tech design and implementation benefits everyone.

⁷² <https://www.safetytechnetwork.org/>

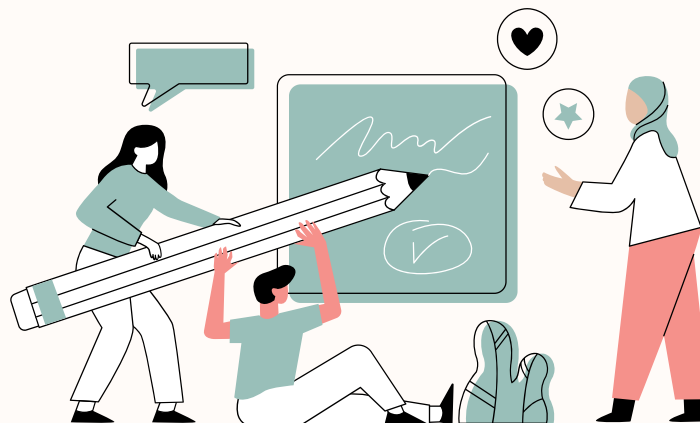
⁷³ <https://www.safetytechnetwork.org/>

What is Feminist and Gender-transformative Technology?

There is no common definition on feminist and gender-transformative technology. However, it is understood that it encompasses mainstreaming gender in the planning, design, development, implementation, and evaluation of all tech platforms. It also includes transforming existing gender inequalities by actively promoting women's and girls' rights through technology.

How can we mainstream gender in our tech solution?

Every individual's capacity, experience and need should be placed at the centre of design, implementation, monitoring and evaluation of tech solutions.⁷⁴



Feminist technology should make us all question:⁷⁵

- Who is designing this tech and who is it being designed for?
- Does this empower diverse groups and voices?
- Is this tech accessible for everyone?

Here are some simple steps for implementing a feminist and gender-transformative approach:⁷⁶



Involve girls and women in the process

Better understand their needs and expectations. Engage with and involve girls, women, and gender-diverse people, including youth and women's rights organisations in the design, development, implementation and evaluation stages of your tech.

⁷⁴ <https://www.unwomen.org/en/how-we-work/un-system-coordination/gender-mainstreaming>

⁷⁵ Feminist Technology.

⁷⁶ <https://www.safetytechnetwork.org.uk/>



Deliver age-sensitive online experiences

Age assurance technologies help companies assess the age of their users so they can offer a tailored user experience. In particular, these technologies can be used to ensure that children do not access features or content aimed at adult audiences, and also to help protect child-focused online communities.



Identify and mitigate disinformation

The promotion of ‘fake news’ and inaccurate information online can be detrimental to the organisations’ reputation, can be damaging to the viewers’ health and can also help promote hate and in effect OGBV. Organisations can detect the spread of any disinformation in relation to their organisation and monitor key words on the web. Organisations can even build on this by moderating content, removing harmful materials and adding warnings for viewers.⁷⁷



Detect and take action against illegal content

Tech can be used to identify and remove illegal content as well as highlighting information that is uploaded from the outset. Illegal images can be given a unique digital fingerprint, ‘hashes’, contributing to a blacklist; organisations can then use this to flag similar images, automatically removing them and blocking them from future uploads.⁷⁸



Implement reporting systems that are easy to navigate and that offer resources and support in the event of OGBV

Although ending OGBV is a collaborative effort and will take a momentous amount of resource and time from everyone, it is very possible. Your tech should be empowering to girls, women and gender-diverse people everywhere.

⁷⁷ <https://www.safetynetwork.org.uk/>

⁷⁸ <https://www.safetynetwork.org.uk/>



RESOURCES

RESOURCES

- [How to Create Gender-Inclusive Technology - Online Course - FutureLearn](#)
- [Resources – Safe Sisters](#)
- [How to do user testing of digital products with girls | UNICEF East Asia and Pacific](#)
- [Delete Nothing](#)
- [Digital Security Helpline - Access Now](#)
- [DIY Feminist Cybersecurity](#)
- [A Guide for ‘Safe YOU’ mobile app stakeholders to Create GBV-related Digital Content and Safeguard Women and Adolescent Girls from GBV | Publications](#)
- [Handbook for Civil Society Organizations on Building Women’s and Girls’ Knowledge and Skills to Understand, Detect, Prevent and Respond to Cyberviolence | Publications](#)
- [A Guide for Women and Girls to Prevent and Respond to Cyberviolence | Publications](#)
- [Online violence against women in Asia](#)
- [Tips for Young People: Staying Safe Online During the Covid-19 Pandemic](#)
- [Tips for Parents and Caregivers: Keeping Children Safe Online During the Covid-19 Pandemic](#)
- [COVID-19 Global Online Safety Advice for parents and carer](#)
- [Guide for Women and Girls to Prevent and Respond to Cyberviolence](#)
- [The Art of Digital Security for Pakistani Women](#)
- [Technology Safety & Privacy: A Toolkit for Survivors](#)
- [Agency’s Use of Technology: Best Practices & Policies Toolkit](#)
- [App Safety Center](#)
- [Confidentiality Toolkit](#)
- [Legal Systems Toolkit: Understanding & Investigating Technology Misuse](#)
- [Empowering women to be safe online](#)
- [Toolkit on Online Gender-based Violence](#)
- [Online Harassment Resources](#)
- [Stay safe at home. Stay safe online](#)
- [HumaneTech](#)